



# The Pitt Capsule

University of Pittsburgh School of Pharmacy

## Lambda Kappa Sigma is in Full Swing!

By Hoi Yee Lung



It is only a few weeks into school and the sisters of Lambda Kappa Sigma already have a full schedule of events for the fall semester. First of all, we want to thank those who helped with and attended the ASP Back to School Picnic/Activities Fair on September 2nd. The sisters had the opportunity to meet and greet PI's and to host the "Survivor Challenge" where teams of students and faculty participated in three competitions involving toilet paper, buckets of candy, and saltines! Also, we would like to acknowledge the hard work of the PDC brothers in cooking all the burgers and hot dogs for the hungry crowd.

LKS's first recruitment event was a luncheon on Thursday, September 10<sup>th</sup>, where the sisters had the chance to get to talk with prospective members over pizza and a presentation about the organization's history. Our second event was the PDC/LKS barbeque on Thursday, September 17<sup>th</sup> which was hosted at the brothers' new house in Shadyside. The luau themed ice cream bar on Tuesday, September 22<sup>nd</sup> was also a success with a good turnout of both potential new members and current sisters. As the final rush event, LKS, along with the brothers of Kappa Psi and Phi Delta Chi, hosted a movie night where Salk Hall was turned into a theatre complete with

popcorn and snacks on October 1st. Special thanks to Kayleigh Kovacic (P3) and Steph Elmo (P2) for their phenomenal efforts during the recruitment period!

In addition to the recruitment events, the sisters of LKS have been busy planning many service projects this fall, which kicked off with the Project Hope bake sale held on Wednesday, September 16<sup>th</sup>. The proceeds of the bake sale go to LKS's philanthropy, Project Hope, a program that serves underprivileged areas around the world. October is Breast Cancer Awareness Month, and LKS's service co-chairs will be selling pink ribbon pins to students, faculty and staff to benefit the Susan G. Komen Breast Cancer Foundation.

The annual LKS clothing sale is just beginning! Show your support for LKS by choosing a variety of Pitt Pharmacy apparel including long and short sleeve t-shirts, hoodies, fleece zip-ups, sweatpants, blankets, drawstring bags, and baseball hats. They make wonderful gifts for friends and family and show off your Pitt pride! Order forms will be available on the 9<sup>th</sup> floor, please contact Jess Elefritz (P2) and Justine Parker (P2) for more information.

Good luck to everyone as the first round of exams begin, and stay tuned for the latest news of LKS!

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## Advice from a Current P4: Spotlight on a Unique Rotational Experience

By Julie Lauffenburger

When my pharmacy school class began to plan for the P4 rotations, I knew that I wanted to undertake an international or public health-related P4 rotation. The School of Pharmacy can offer a number of this type of rotation, from association management, governmental public health service, underserved practice experiences in Honduras, and a transplant hospital experience in Palermo, Italy—all of which would be excellent experiences. The beauty of the P4 rotation experiences is the opportunity to sample pharmacy practice sites that can be uniquely based on your interest areas.

During Block 3 (also known as July-August for you P1s and P2s not fully acclimated to the P4 lingo yet), I spent four eye-opening weeks in the country of Malawi conducting a pharmacy formulary research project. The non-profit organization, Malawi Children's Village, provides education for orphans from the HIV/AIDS crisis and maintains a small clinic with an ill-equipped and unmaintained

pharmacy. As a result, my goal for this experience was to create a system for the clinic to manage their medications.

The first stage of the project involved assessing the inventory of the pharmacy through monitoring the type and number of medications available. Then, I transcribed all of the patient log-books over the last year, detailing diagnoses and treatments to gain an overall picture of the clinic's prescribing patterns. Thirdly, I set up interviews with pharmacy personnel throughout the region to understand more about drug distribution in Malawi (easier said than done as 30 pharmacists total practice in the country as the profession is in its infancy). Finally, I arrived at the culmination stage—the physical creation of a formulary optimizing medication therapy based on World Health Organization standards and the clinic's consumption.

Overall, the rotation was an excellent experience to gain research and project experience and will certainly be a highlight of my P4 year.

Moreover, this rotational experience, along with my other rotations to date, have made me realize that P4 year is much more than just the day-to-day patient care activities involved.

Throughout the year, you will also quickly discover and learn the people skills necessarily to meet and professionally interact with a variety of patients and practitioners, as well as intangibles like learning about how to teach yourself new concepts not taught in pharmacy school.

Above all, to share some accrued "sage" P4 advice, do not be afraid to seek out rotational experiences that stretch your current conception of the pharmacy profession, whether research, industry, managed care, public health, nuclear, federal, or more. All of these are incredibly unique areas that are possible to pursue; you may actually discover that they suit you after all. This is your time to discover your ultimate goals and flex your pharmacy practice skills—enjoy it.

## GPSA Adopts New Travel Grant Application

By Jenny Bacci

GPSA has been very busy in the past few weeks working on improving their travel grant application process. These changes will affect P3s and P4s who are eligible to apply for travel grants from GPSA due to their graduate student status.

Students need to apply before the event they are attending in the appropriate billing cycle and then will receive their funding after they return and submit receipts to GPSA. GPSA funding can be used toward lodging, transportation, and conference expenses only. They will not fund food, beverages, or souvenirs. A student may receive two travel grants per career as a graduate student, so pharmacy students will qualify to receive two grants total during their P3 and P4 years.

There are three tiers of grants. The first is a \$50 grant for local conferences and can only be used for registration fees. The second is a \$100 grant for attending out of

town conferences, and the third is a \$200 award for those presenting at out of town conferences. If you are presenting at a conference, the application requires an abstract of your presentation and research or an associated document which will be posted on the GPSA website.

Furthermore, there will now be four funding cycles instead of just three to more evenly distribute the funds, shown in the table to the right.

Applications will be accepted until all cycle funds are awarded through the pre-approval process on a first come first serve basis, and then the applicants will be put on a waiting list to replace pre-approved applications who do not need the grant or do not submit their receipts on time. So, even if you are wait listed, keep all of your traveling receipts because you may still get funding.

The necessary forms and instructions can be found on the GPSA website :

<http://www.gpsa.pitt.edu/services/travel.php>

If you have any questions about the adopted changes or process, please email me at [jenny.bacci@gmail.com](mailto:jenny.bacci@gmail.com).

Conference Dates:	When to Apply:
July-September	April- June
October-December	July- September
January- March	October-December
April- June	January-March

## Kappa Psi Welcomes Pledges

By Kendra Mueller

The month of September is always an exciting one for Kappa Psi as we get set to bring in a new group of pledges! The chapter hosted four rush events, including the first annual rush event with Lambda Kappa Sigma and Phi Delta Chi. Each event brought many potential pledges and was a great way to get to know a lot of people.



new pledges to the fraternity. Our Rush Chairs Julie Styche and Caroline Burggaller did a wonderful job planning all of our events and getting a great group of pledges interested in being in Kappa Psi!

Rush wasn't the only thing that Kappa Psi took

part in this month. We began the semester with philanthropy projects at Family House and a family pumpkin farm in Meadville, PA. Brothers spent their day setting up a corn maze for children to play in throughout the fall season. They had a great time designing and building the maze, but didn't enjoy the bug bites and allergies they had to nurse later that night!

fraternity didn't let this stop us from having a great event. Beta Kappa hosted an event on the Pete lawn complete with pizza, volleyball, corn-hole, and ladder golf. Brothers spent a couple hours playing games and socializing with the new class. It may have been new, but the event was a big hit and will definitely be a choice for next year's class to consider again.

The rush period concluded with a barbecue at the house sponsored by two of our Grand Council Deputies, Dave Maszkiewicz and Chris Miller, and a movie night in Salk Hall hosted by all three pharmacy fraternities. Everything culminated in the annual 5:01 party at the Kappa Psi house where our brothers got to officially welcome the

We are excited to have gotten through the first round of tests and look forward to a great pledging semester. The chapter has a big month coming up with multiple pledge events and our fall Province assembly this year in Morgantown, WV.



Our annual luncheon was a successful way to kick off the rush period and get people excited about joining Kappa Psi. We had a great turnout come to learn about the fraternity and get to know brothers. Due to G-20, we had to plan our second event on campus, but the

## Phi Lambda Sigma Updates

By Anastasia Elmiger

On September 26<sup>th</sup>, faculty and students from all years gathered together to participate in the bi-annual PLS Leadership Retreat. The morning consisted of a team building scavenger hunt and bowling, followed by an afternoon of discussion about health advo-

cacy, Operation Diabetes, and campus engagement. As always, new ideas about how to improve the school were generated and PLS members are excited to put these ideas into action!

The second of three Rho Chi/PLS Professional Lecture Series will be held during lunch on October 21<sup>st</sup> in room 402. Lunch will be provided. Also, stay tuned for details about the annual PLS Auction on January 14, 2010 to kick off the new year!

## Rho Chi Updates

By Morgan Adams

September has been a busy month for Rho Chi service projects! Rho Chi members started their monthly health talks at the Salvation Army with flu prevention information. Next month, Rho Chi members will be presenting information on hypertension. Many Rho Chi members also helped the P1 class with their “My First Patient” assignment: taking blood pressures, peak flows, and blood glucose readings. Rho Chi also began offering their tutoring services to P1 and P2 students. Anyone still interested in the tutoring program can contact Eric ([eeg7@pitt.edu](mailto:eeg7@pitt.edu)) or Ashley ([amt37@pitt.edu](mailto:amt37@pitt.edu)).

Rho Chi is also looking for nominations for Student of the Month. Each month, a student will be selected by the organization for this honor. We are currently looking for nominations from students in the school for classmates that deserve to be recognized for their dedication and commitment to the profession. There will be a box with forms to nominate your peers in the PCLC (to the right of the micro-waves), or you can contact BJ ([wec15@pitt.edu](mailto:wec15@pitt.edu)) for more information.

Dr. Potoski’s “ID Blog,” accessible via the Student Portal, will soon be featuring the creative works of Rho Chi members. Log on periodically and contribute to the dynamic discussion as we spotlight exciting developments and current events affecting the field of infectious disease.

Look for announcements in class and on the student portal in the next month for Rho Chi fundraisers. This year, we will be selling lab cards (including cards with new information not featured in previous editions) starting Friday, October 9<sup>th</sup>. We will also be selling business cards to be available before the career fair in November and other professional equipment (pens & clipboards) with the School of Pharmacy logo. Additionally, look for more



*Rho Chi members helping the P1s during their “My First Patient” activity.*

information to come about the biannual blood drive with the dental school to be held in Salk Hall Wednesday, November 4th.

### Rho Chi Student of the Month—Taylor Miller



**Taylor Miller - P3**

Rho Chi would like to congratulate Taylor Miller for being selected as the September Student of the Month. Taylor was nominated by his peers not only because he is an exemplary student but because he is also active in many school organizations.

Taylor is the President of PSHP and is a member of the Dean’s Advisory Board, APhA-ASP and Rho Chi. He has also been part of the Curriculum Committee for 3 years, where he works with other students and faculty to improve the classes we take during our time as pharmacy students. Taking the initiative to get involved in these organizations and committees allows Taylor to make a positive impact on our school and our profession. If you see Taylor, be sure to congratulate him on being selected as this September’s Student of the Month.

To nominate a fellow student or for questions about the SotM, please e-mail [wec15@pitt.edu](mailto:wec15@pitt.edu)

## SNPhA Gears Up for Public Service

By Ijeoma Odigwe

With many activities being planned and some already underway, the Pitt Chapter Student National Pharmaceutical Association (SNPhA) is slowly taking a significant leap toward becoming an association committed to public service and community outreach endeavors.

SNPhA's first general body meeting on September 10<sup>th</sup> was a major success, with a large turnout of pre-pharmacy and P1 students who were all interested in learning more from SNPhA's seminar on blood pres-

sure. This meeting focused largely on high blood pressure, health disparities, and the proper blood pressure screening technique. Under the direction and guidance of other experienced pharmacy students, students at the seminar were given the opportunity to learn effective ways of taking blood pressure through direct, hands-on practice. By learning the proper blood pressure screening technique, students were given the essential instruction and experience needed for active participation in future health-related service events.

Sunday, September 27<sup>th</sup> marked the day that SNPhA participated in Western Maryland's 1<sup>st</sup> Annual Bike Ride for Chronic Kidney Disease (CKD). This 44 mile benefit ride was held on the Allegheny Highlands Trail in Cumberland, Maryland. The purpose of this bike ride was to "increase awareness of the widespread impact of chronic kidney disease, take steps to prevent CKD, and to encourage organ donation."

SNPhA's second general body meeting on October 1<sup>st</sup> (5:15pm; Salk PCLC) will be focused on creating projects and/or activities for our major service committees: HIV/AIDS, Power to End Stroke, and Chronic Kidney Disease. All SNPhA members are reminded to pay

their dues for the academic year (\$12.00 for local membership, which can be given to any executive board member, and \$30-35.00 for national membership, which can be paid online on the SNPhA website- <http://snpha.org/Membership.aspx?apply>). The deadline to become a national SNPhA member has been extended to October 15, 2009.

Any questions, comments, or ideas for SNPhA's service committees are welcome and may be directed toward Zack Snyder ([zjs1@pitt.edu](mailto:zjs1@pitt.edu)), the President of SNPhA, Melissa Ruminski ([mer69@pitt.edu](mailto:mer69@pitt.edu)), SNPhA President-Elect, or Adam Martin ([anm74@pitt.edu](mailto:anm74@pitt.edu)), SNPhA Vice-President. All in all, we hope to see you at our meetings and events that are soon to come!



sure. This meeting focused largely on high blood pressure, health disparities, and the

## Class Updates

### P3 Class Updates

Mike Smith, President

39 days of class, 4 exams (not including finals), and 1 capstone case left this semester. The P3 class is suffering from pharmacitis, something Schiff cannot even cure.

**P2s** - 248 more days of class and all those exams

**P1s** - 319 days, and a whole lot of Schiff in your way  
HA!

### P4 Class Updates

Katherine Radzevick, President

Almost half-way through their year of rotations, the P4 class is experiencing what the life of a pharmacist is like in a plethora of settings. Each day is a new adventure with patient cases and problems to solve, not to mention educational as well as life lessons to acquire over this period in our careers. The fall semester is also the time for PharmD Seminar. Each student is laboring to complete the necessary research

to create an informative and unique presentation for members of faculty and their peers.

October 30th marks the start of a new event for P4 students, the first ever "Mock Reception." This is a venue for the P4 students to learn tips on how to interview, network and feel comfortable introducing themselves in a reception-style setting. We are looking forward to this outstanding opportunity to interact with faculty and alumni and practice this valuable skill set before the upcoming Career Expo and Midyear events.

## Hurley Associates: The Issue is Income, Part I

**“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.” - Ayn Rand**

The bottom-line objective of any individual financial program is to provide an ongoing stream of income to meet the necessities and pleasures of life. Market values for different assets might add up to significant net worth, **but net worth doesn't buy groceries, pay the bills or take you out to dinner; your income does.** People pray “give us our daily bread,” not “give us asset appreciation.” This issue emphasizes the primary position of generating income in your financial programs, because income is what makes all other financial decisions possible.

### **THE ISSUE IS INCOME: How Long Can Your Human Asset Keep Paying Dividends?**

When it comes to asset values, we know the numbers are ugly. How ugly?

· In the 2008 calendar year, the S & P 500 stock market index registered a 37% decrease, its worst calendar year performance since 1931. From January 1, 2009 to March 19, 2009 the index has declined an additional 15%.

· Meanwhile, the Federal Housing Finance Agency reported on February 24, 2009 that home prices dropped 8.2% from a year earlier, the largest annual decline on record since 1991.

· In total, the Federal Reserve reported that the wealth of American families plunged nearly 18% in 2008 – a loss of net worth estimated to be around \$11 trillion. But guess what? As securities and real estate markets have taken a pounding, another asset has returned to prominence. Featured on the cover of the March 23, 2009 paper version of *Time* magazine is the headline “**10 Ideas**

**Changing the World Right Now.”** And according to *Time*, the No. 1 world-changing idea is...

### **...Jobs Are the New Assets.**

That's right; you – and your ability to deliver a steady income by working – are the “new” asset class that can make a difference during this down economy. Here's an excerpt from the article, written by Barbara Kiviat:

**“Houses and stocks — those were the things we paid attention to, the things that gave us the confidence to be good American consumers (Hello, home-equity lines of credit). At the same time, the percentage of income we saved dropped an dropped and dropped – until, thank to the power of credit cards and other debt – it went negative in 2005. That was neatly explained away by the ‘wealth effect’: we spent money we didn't have because we felt — and technically were — richer because of our assets. All the while, we blissfully ignored a little concept economists like to call human capital. The cognition you've got up there in your head — your education and training — it's worth something. We can extract value not just from our homes and our portfolios but from ourselves as well. The mechanism for extracting that value? A job. ‘The income you earn from working is like the stream of interest income you might get from owning a bond,’ says Johns Hopkins University economist Christopher Carroll. ‘Think of it as a dividend on your human wealth.’”**

While it might make for nice headlines, identifying human capital as the core of financial prosperity isn't a new idea. From

ancient cultures that penned proverbs extolling the value of work (“*Do you see a man skilled in his work? He will stand before kings...*”) to 20<sup>th</sup> century champions of free enterprise and capitalism like Ayn Rand (“*Wealth is the product of man's capacity to think.*”), human capital has always been recognized as the key ingredient in creating wealth. Real estate doesn't gain value on its own – it has to be developed. An increase or decrease in stock prices ultimately reflects the decisions and productivity of the people in the company – both the employees and owners. Given the media infatuation over the past decade with other assets, the article provides some much-needed financial perspective. Too often the most overlooked or undervalued financial asset is you and your abilities. Your ability to produce a regular income makes you a powerful dividend-paying asset, and it's the type of asset that satisfies the basic objective of an individual financial program: to provide an ongoing stream of income to meet the necessities of life – and hopefully afford some of the luxuries as well. When stock market and housing values were soaring, some people lost this focus on income production, because prevailing sentiment said you could always turn value into income at a later date by selling or borrowing against the assets. But when values decline and borrowing standards tighten, the assets don't have the same convertibility.

**Part 2 - Building Human Capital and The Longevity of Human Capital will appear in the next issue.**

*Hurley Associates* is a full service financial services firm located at 3508 Fifth Avenue in Oakland. Their representatives are frequent contributors to the *Pitt Capsule* and frequent lunch and learn presenters. They invite you to participate in their presentations and to contact them with your comments, concerns and questions. Please call 412-682-6100 or email at [info@hurley2.com](mailto:info@hurley2.com).

## IPSF Updates

By Alexa Ray

IPSF has kick-started the year with several successful projects and events and one full-body meeting. On Wednesday, September 30th, we hosted two School of Pharmacy students and two Alums (and current UPMC residents) who shared their pharmacy experiences abroad through some great stories and amazing pictures. The students in attendance were taken to Malawi, Honduras, Italy, and Lithuania all within the span of an hour! We all benefitted from the unique viewpoints of these students and learned a lot about the opportunities for travel available to pharmacy students.

On Thursday, October 1st, we participated in the University's Study Abroad Fair, providing international immunization information to health sciences students contemplating study

abroad experiences. There will be another Study Abroad Fair in the spring, so if you are interested in volunteering at the fair with IPSF, look for information to come.

Our second General Body Meeting will be held on Thursday October 15th, from 12-1 p.m. in the PCLC. All students interested in getting involved in IPSF are encouraged to attend! We will be discussing the rest of the fall semester's events, as well as starting to plan for Pharmacy Weeks and Medical Spanish classes for the spring.

If you have any questions in the meantime, don't hesitate to get in contact with me at [alexajray@gmail.com](mailto:alexajray@gmail.com). If you do not receive our weekly e-mail updates and would like to be added to our distribution list, just send me an e-mail and let me know!

## PSHP Updates

By Morgan Adams

PSHP, the Pennsylvania Society of Health-System Pharmacists, is not limited to those students interested in hospital pharmacy. PSHP is looking for students interested in any practice within the health care system, including institutional practice, patient care, managed care, home infusion, home care, and other specialized components of health care systems.

The first PSHP general body meeting will be Tuesday, October 6th from 12-1 PM in 402. Lunch will be provided. At this meeting, we will discuss the opportunities that PSHP has to

offer to student pharmacists and hear from unit-based pharmacists from UPMC Presbyterian who will talk about their roles in the practice of pharmaceutical care.

At this meeting, we will also discuss the Clinical Skills Competition, which will be held on Thursday, October 29th. Dinner will be provided. Working in groups, students will be given a clinical case to prioritize problems and develop a therapeutic plan. The top teams will present their cases to a panel of judges consisting of professors and clinical pharmacists. The first place team will earn a free trip to Las Vegas to repre-

## Mark Your Calendars!

10/9—PPA Meeting

10/13—P4 Rotation Discussion  
for P3 Students

10/14—PLS Meeting

10/15—IPSF Meeting

10/21—Rho Chi/PLS Profes-  
sional Lecture Series

10/22—Rho Chi Meeting

10/30—PPA Membership/  
Advocacy Talk

11/4—ASP Meeting

LKS Bake Sale

11/11—Career Expo

PLS Meeting

sent Pitt by competing at the National Clinical Skills Competition during the ASHP Midyear Meeting in December. Look for announcements posted in Salk and the student portal for more information about sign-up. Contact Taylor ([tjm33@pitt.edu](mailto:tjm33@pitt.edu)) for additional information.

Future activities for PSHP plans include Poison Prevention activities at Falk Clinic and local schools, Hurley & Associates lunches, WPSHP pharmacy residency showcase, and speakers from a variety of health care system settings (including current pharmacy residents).

## Fun and Games

Take your mind off of midterms with some Sudoku and Trivia!

	1	9	5			3		
	2			7			9	6
		4						
		3		2				9
	9	2		6		8	4	
7				8		2		
						6		
5	4			1			2	
		8			7	5	3	

Moderate

	7						4	5
6			1			2		
	2	8			9	1		
				3				
8			5		4			2
				1				
		1	8			6	5	
		6			1			4
2	3							7

Ridiculous!

Easy

	5				9		4	1
	9			7				
	7				5	6		
9		4	2				5	3
	2	3	4	1	8	9	7	
8	6				3	2		4
			2	9				6
					2			8
1	3			8				2

**TRIVIA:**

1. Who was the guitarist for the song "Beat It" by Michael Jackson?
2. What is the longest word that can be typed on a regular keyboard with just your left hand?
3. What is the largest amount of change you can have without being able to make change for a dollar?
4. Which two states border the most other states, with eight apiece?

5. The Great Wall of China was built to separate ancient China from the army of what civilization?
6. In the "Unforgivable" series of videos, what does the narrator want "for free?"
7. The New Jersey Devils were originally founded as what team?
8. What TV show on [adult swim] has been responsible for two death metal albums, the second of which was released September 29th?
9. Who was the first left-handed president?
10. What is the street address of Salk Hall?

Answers: 1. Eddie Van Halen 2. stewardesses 3. \$1.19 4. Missouri and Tennessee 5. the Mongols 6. a chicken sandwich and waffle fries 7. Kansas City Scouts 8. Metalocalypse 9. James Garfield 10. 3501 Terrace Street, Pittsburgh, PA 15261